

FITNESS

American Heart Walk

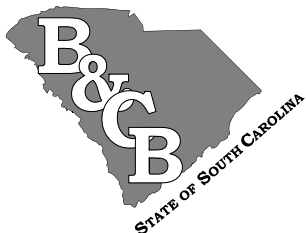
The American Heart Walk is the American Heart Association's national walking and fundraising event. The American Heart Walk helps fight heart disease and stroke by raising money to support lifesaving research, programs and education. It also helps people take the first steps toward a heart-healthy lifestyle by becoming more physically active. The Walk is ideal for individuals of all ages, families, friends, community groups, companies and businesses. It's a great way to get moving towards a healthier and more active lifestyle.

PHYSICAL ACTIVITY AND CARDIOVASCULAR DISEASE:

Cardiovascular disease (CVD) is the No. 1 killer in America. More than 950,000 Americans die from CVD, so CVD accounts for about 41.4 percent of all deaths. Lack of physical activity is now clearly shown to be a risk factor for heart disease. Estimates are that up to 250,000 deaths per year in the United States — about 12 percent of total deaths — are due to a lack of regular physical activity.

FEEL LIKE STEPPING OUT? Contact Your American Heart Association Staff.

Walk Date	Location	Contact	Phone Number
Sept. 16, 2000	Columbia	Jodie Kolkowski	(803) 738-9540
Oct. 14, 2000	Charleston	Carrie Mummert	(843) 853-1597
Oct. 14, 2000	Myrtle Beach	Amy Walsh	(843) 626-3939
Oct. 21, 2000	Florence	Mona Carter	(843) 664-2810
Oct. 28, 2000	Orangeburg	Kelley Boatwright	(888) 988-2238
Nov. 11, 2000	Anderson	Savannah Meeks	(888) 988-2236
Feb. 24, 2001	Aiken	Jodie Kolkowski	(888) 988-2238
Feb. 25, 2001	Greenwood	Savannah Meeks	(888) 988-2236
Mar. 3, 2001	Hilton Head	Barbara Clark	(843) 689-9669
Mar. 10, 2001	Sumter	Kelley Boatwright	(888) 988-2238
Mar. 31, 2001	Greenville	Heidi Wright	(864) 801-9550
Spring 2001 TBA	Marion	Mona Carter	(843) 664-2810



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
September 2000

